

# Wonderful birds in Costa Rica:

## A wildlife paradise

## Birdwatching Spain

13 days: June 30<sup>th</sup> to July 12<sup>th</sup>, 2019

Costa Rica offers the greatest density of bird species of any continental American country! You can't miss it! More than 920 species of birds have been recorded!

- **Hummingbirds:** enjoy close-up views of these spectacular birds feeding! We hope to observe between 20-30 different species!
- We will go in search of the spectacular **Resplendent Quetzal**.
- Enjoy striking and colourful butterflies, as well as reptiles and mammals.
- We hope to observe more than **300 species** of birds.
- This trip can be combined with a 3-day extension to the National Park of **Tortuguero**.



The gorgeous fiery throated hummingbird: one of many species of hummingbirds we will look for

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**Day 1: Sunday June 30<sup>th</sup>, 2019. San José Airport - El Roble, Alajuela.**

Arrival to international airport and short transfer to our hotel. The hotel grounds offer great opportunities for Lesson's Motmot, Blue-and-White Swallow, Rufous-naped Wren and others. Meeting and welcome dinner.

Accommodation: Hotel Robledal <https://hotelrobledal.com/>



Emerald basilisk

**Day 2: Monday July 1<sup>st</sup>, 2019. Tarcoles, Puntarenas**

We will departure after breakfast to explore areas near the Pacific coast. Our targets will be shore and dry forest species. After 1 h drive, we will start exploring the coastal area and dry forest close to Cuarros River and Bajamar. Some of the bird specialties we hope to see includes Double-striped Thick-Knee, Black-headed Trogon and Long-tailed Manakin. After lunch, we will check in to the lodge and continue birding around the area. Dinner and accommodation at the lodge Hotel Cerro Lodge <http://hotelcerrolodge.com/>

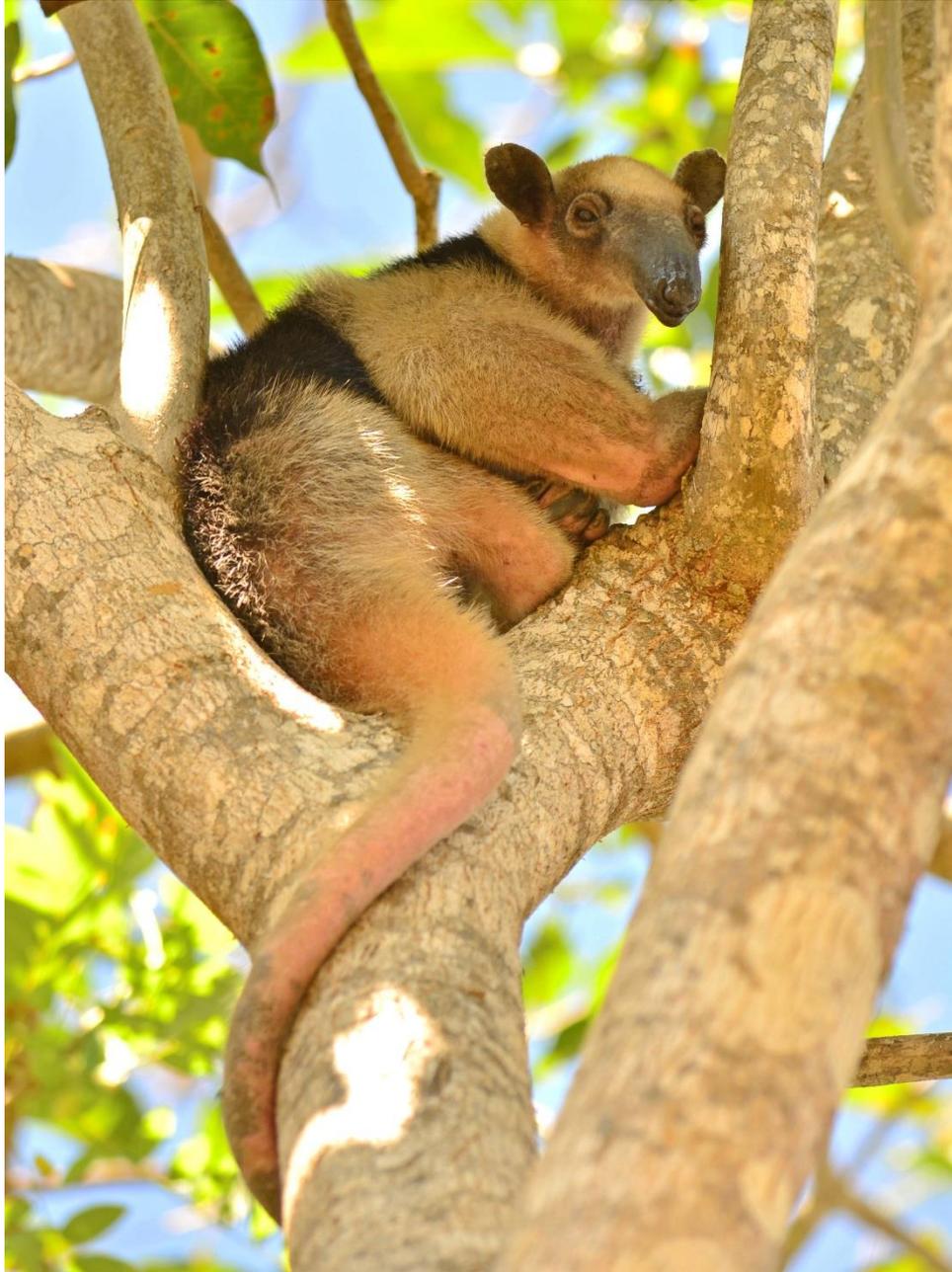


The beautiful Great green Macaw

**Day 3: Tuesday July 2<sup>nd</sup>, 2019. Tarcoles, Puntarenas**

After early breakfast we will head out to Carara National Park located only a few minutes away. Carara is one of Costa Rica's most special national parks because of its location. The park sits right in the convergence zone between the dry North Pacific and the very wet South Pacific regions; rendering the park a unique feature: hosts species from both areas of influence. Some of the species we might see include Baird's Trogon, Streak-chested Antpitta, Rufous Piha, Turquoise-browed Motmot and Scarlet Macaw. The park is home of the second largest population of this beautiful Macaw in the country. In addition, we will keep an eye for some mammals such as the White-faced capuchin and the Tamandua Anteater!

Accommodation Hotel Cerro Lodge <http://hotelcerrolodge.com/>

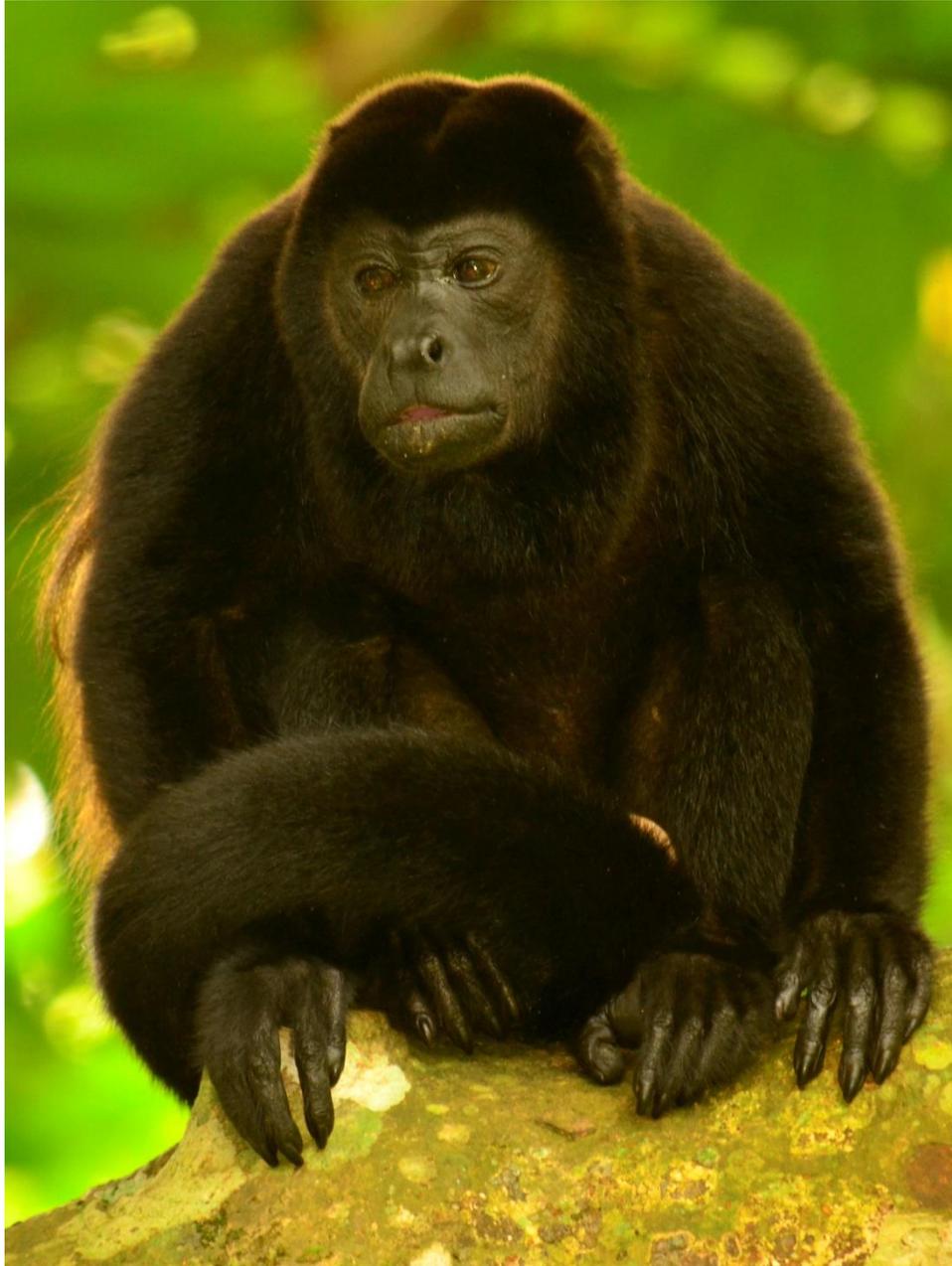


Tamandua Anteater

**Day 4: Wednesday July 3<sup>rd</sup>, 2019. Monteverde, Puntarenas**

During the morning we will take a boat tour along the Tarcoles River. This river is one of the most important resting areas for many migratory species, particularly shore birds. Some of the resident shore birds include Southern Lapwing, Mangrove Vireo and Roseate Spoonbill. We might also see American crocodiles which can reach up to 5 m long! After the boat tour, we will continue the journey to our hotel in the highlands of Tilaran Mountain Range. We will stop for lunch en-route. Upon arrival we will do some birding around the lodge looking for White-eared Ground-Sparrow and Northern

Emerald Toucanet. Dinner in a local restaurant. Accommodation in Cala Lodge  
<http://calalodge.com/>



Mantled howler monkey

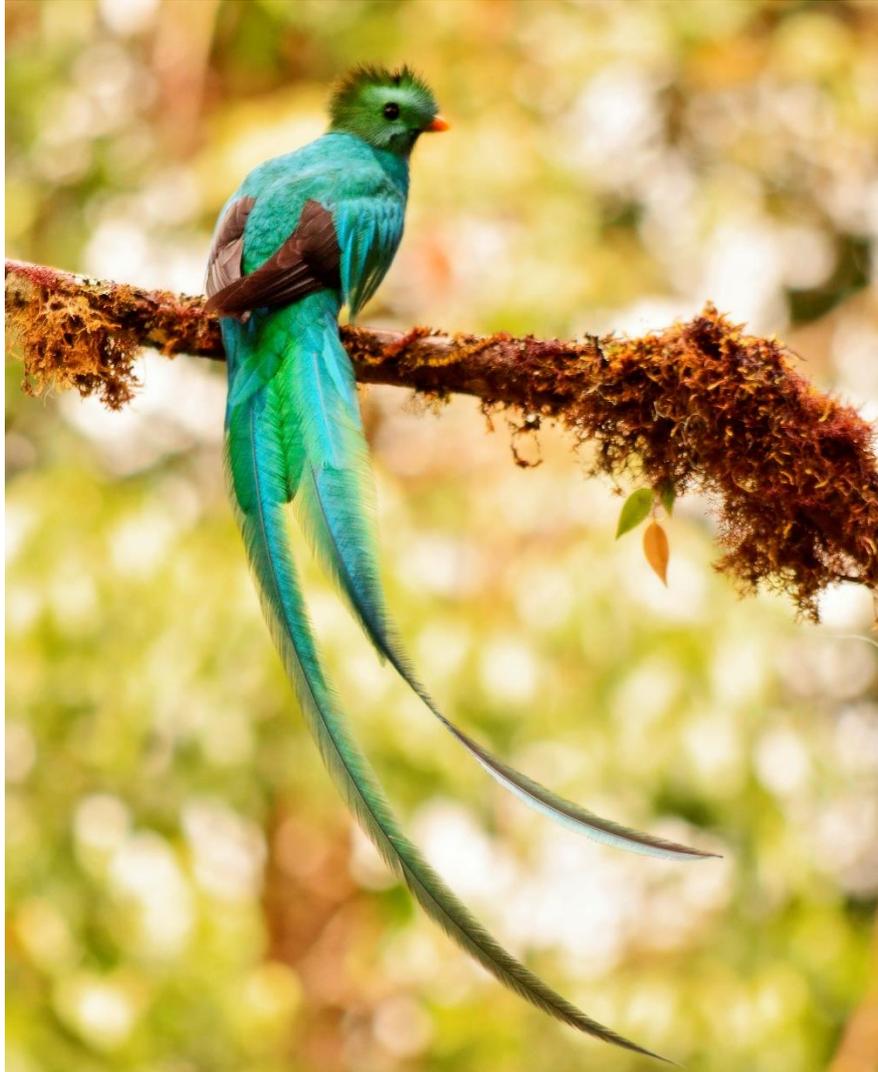
**Day 5: Thursday July 4<sup>th</sup>, 2019. Monteverde, Puntarenas**

Early this morning we will take a short bus ride to the private reserve of Curicancha, located just 15 min away from the hotel. We will look for Resplendent Quetzal and Costa Rican endemic Coppery-headed Emerald. In addition, we look out for spider monkeys

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and Central American Agouti. Lunch will be at a local restaurant and then we will visit during the afternoon the Sky Walk hanging bridges. A well-maintained trail with a series of suspension bridges of various heights and length, here we mostly will look for other cloud forest specialties such as Prong-billed Barbet, Black-faced Solitaire, Green Hermit and Highland Tinamou among many other species. Back to the lodge at the end of the day. Accommodation in Cala Lodge <http://calalodge.com/>



The superb Resplendent Quetzal

**Day 6: Friday July 5<sup>th</sup>, 2019. Arenal, Alajuela**

We will departure after breakfast for the Arenal Region. Lunch will be en-route and after that, we will explore some areas close to the Arenal lake to look for Keel-billed Motmot and White Hawk. Today the travel time will be approx. 3.5 h.

During the afternoon we will check into our lodge and explore the trails and grounds. Besides the spectacular views of the volcano and the lake, at the lodge we can find Great Curassow, Thicket Antpitta, Red-legged Honeycreeper, Black-crested Coquette, Emerald Tanager and many more! Accommodation in el Arenal observatory lodge. <https://www.arenalobservatorylodge.com/>



The colourful white-throated mountain gem hummingbird

**Day 7: Saturday July 6<sup>th</sup>, 2019. Arenal, Alajuela**

Early this morning we will gather in the hotel at the observation deck where we have a chance to see Montezuma Oropendolas, Collared Aracari, Emerald Tanager and Red-legged Honeycreeper. After enjoying a hearty typical breakfast, we will depart for the nearby Sky Adventures Park for our hanging bridges walk through a spectacular Caribbean foothill rain forest. Here we look for specialties such as Orange-bellied Trogon, Broad-billed Motmot, Spotted Antbird, Ocellated Antbird and Brown-billed Scythebill among others. The trail is a combination of ground trails and hanging bridges, with a total of 8 bridges that take you across river ravines some 120 ft above the ground at the highest.

We will return to the lodge for lunch, and after that, we will explore the grounds. At dusk, we will go out to look for Black-and-white Owl, Great Potoo, Mottled Owl and Common Pauraque among other crepuscular species. Accommodation in el Arenal observatory lodge. <https://www.arenalobservatorylodge.com/>



Northern emerald toucanet

**Day 8: Sunday July 7<sup>th</sup>, 2019. Sarapiquí, Heredia**

Departure after breakfast for Sarapiquí Region, located on the north-eastern Caribbean lowlands. On the way, we will visit Bogarin trails which are located near La Fortuna. Here we hope to see the Uniform Crake, White-throated Crake, Tropical Mockingbird and Olivaceous Piculet among others. Then, after 1 h drive we will get to the lodge in the afternoon and look for birds on the grounds. Some of the species we might find are: Collared Aracari, White-collared Manakin, Scarlet-rumped Tanager, Red-throated Ant-Tanager, Brown-hooded Parrot and Green Honeycreeper among others. Dinner at the lodge. Accommodation in Ara Ambigua Lodge <http://www.hotelaraambigua.com/>



Blue morpho, what a beauty!

**Day 9: Monday July 8<sup>th</sup>, 2019. Sarapiquí, Heredia**

Full day at *La Selva* Biological Station birding around the roads, grounds and trails. We will look for the highly endangered Great Green Macaw as well as Snowy Cotinga, Rufous Motmot, Pied Puffbird, Chestnut-colored Woodpecker, Fasciated Antshrike and Plain-colored Tanager to name a few. *La Selva* protects more than 5000 acres of various habitats and it is adjacent to Braulio Carrillo National Park. We will return to the lodge at the end of the day for dinner, which is just 20 minutes away. Accommodation in Ara Ambigua Lodge <http://www.hotelaraambigua.com/>

**Day 10: Tuesday July 9<sup>th</sup>, 2019. Salsipuedes, San José**

After breakfast and loading the luggage, we will start our drive to Talamanca Mountain Range. Along the way we will visit El Tapir Reserve, hoping to get views of 2 of the most sought-after hummingbirds; Snowcap and Green Throntail. Other species we might see are White-necked Jacobin, Crowned Wood-nymph and Violet-headed Hummingbird. We will continue driving for 3 more hours to arrive to the lodge. In the afternoon we will continue birding, this time for highland specialties such as Ochraceous Pewee, Wrenthrush and hopefully Dusky Nightjar and Bare-shanked Screech Owl after dark.

The hotel is located at an altitude of 2800 m.a.s.l and has a cool climate with low temperatures of up to 5 ° C. Accommodation in Paraiso Quetzal Lodge <https://www.paraisoquetzal.com/es/index.php>



Scintillant hummingbird

**Day 11: Wednesday July 10th, 2019. - Salsipuedes, San José**

We will spend the day birding around the lodge and Los Quetzales National Park. We will look out for regional endemics like Long-tailed Silky-Flycatcher, Black-and-yellow Silky-Flycatcher, Wrenthrush, Yellow-thighed Finch, Golden-browed Chlorophonia, Flame-throated Warbler, Ochraceous Wren and many more! This day will be also looking for Resplendent Quetzal around the area. Accommodation in el Paraiso Quetzal Lodge <https://www.paraisoquetzal.com/es/index.php>



Long-tailed Silky-Flycatcher

**Day 12: Thursday July 11<sup>th</sup>, 2019. Pilas, Alajuela**

After breakfast we will set off to the highest parts of Cerro de la Muerte, 3400 m.a.s.l. Here we can find a truly highland specialist, the Volcano Junco. Other species we might find include Volcano Hummingbird, Timberline Wren, Fiery-throated Hummingbird and the elusive Peg-billed Finch.

After lunch we will start our 3 hours route to Alajuela to do some more birding at the end of the afternoon. We will attend our farewell dinner at the hotel. Accommodation in Hotel Buena Vista <https://www.hotelbuenavistacr.com/>



Red-eye tree frog

**Day 13: Friday July 12<sup>th</sup>, 2019.**

Transfer to the airport for returning flights.

*The itinerary could be modified by the guides attending to meteorological or organizational reasons.*

### **What is includes:**

Transportation from the arrival to the end of the itinerary  
Accommodation in shared rooms  
Meals from day 2 to 12  
Entries in the national parks and biological reserves mentioned  
List of birds and possible species to observe  
Guide service: Local guide with a Birdwatching Spain guide (Pau Lucio)  
Departure by boat on the Tarcoles River

### **What is NOT included:**

Airline ticket  
Travel insurance  
Alcoholic beverages  
Gratuities  
Airport tax (approx. 30\$ to be paid in cash or credit card)

### **Cost:**

Group of 8-12 guests: 2850 €/person

Single supplement 590 €/person

### **Extension to PN of Tortuguero 2 Nights – 3 Days**

**The itinerary above could be combined with the following extension to the famous Tortuguero National Park.**

Tortuguero National Park is an extensive wetland of primary forests close to the Caribbean Sea. In the area surrounding Tortuguero, has been recorded more than 400 species of birds, half of the total species found in the country. Its beaches are the nesting place of four different species of marine turtles hence its name, tortuguero means turtle in Spanish.

The transfer to the National Park consists in 3 hours road transport and then by boat to the hotel for approximately 1.5 hours. Once we get in Tortuguero, the birding trips and the visit to the town are done by boat. Accommodation will be at Laguna Lodge hotel located between the Caribbean Sea and the lagoon of Tortuguero.

During the day, we will do two tours of 2 hours long by boat through the channels in search of a lot of flora and fauna in the area. Some of the species that we can see include: Three-toed sloth, Green turtle (it will be the beginning of the nesting season), and birds

such as: Purple-throated Fruitcrow and Sungrebe among many other species. A visit to the town of Tortuguero is also planned. For the last night we will stay at the Robledal hotel in Alajuela, just 20 minutes from the International airport.

The extension includes:

Land / water transport from San José.

Accommodation in shared rooms in the mentioned hotels

Meals (breakfast, lunch and dinner)

Excursions (visit to the Tortuguero National Park, visit to the town of Tortuguero and walk through the gardens, paths and beach).

Local Naturalist Guide Service

Extension cost:

8-12 people: 690 €

Single supplement 60 €

For more info, please contact us: [info@birdwatchingspain.net](mailto:info@birdwatchingspain.net)